



### From The Director's Desk

Welcome to the American River Bike Patrol (ARBP) Newsletter, Volume 5. You will find this issue has grown and includes significant news and information of upcoming events and opportunities to stay and become more involved. Your Leadership Team has been an amazing force in promoting and moving this Most Outstanding Patrol and Unit into the National spotlight for the past two consecutive years.



You will see that we have graduated the first class of Junior Bike Patrollers, expanded patrolling activities, expanded community outreach through events, patrolling opportunities in the City of Roseville, and continue to grow. These accomplishments are reflected in our impressive patrolling stats that have increased from previous years. I know you will feel as accomplished as I do knowing you are providing such an important and valuable community service.

See you on the Trail, **Jim Cheng, Patrol Leader.**

### Stats indicate big year for Bike Patrol

Year-end statistics are in. Members of the American River Bike Patrol rode 31,166 miles and volunteered 5,177 hours on 1,929 patrols in 2023. During those patrols. they assisted 1,673 persons.

Patrollers responded to 198 maintenance issues and called 911, 46 times. The most common repairs were flat tires (86), low air (27), chain issues (28) derailleur issues (15), brakes (15), and adjusting wheels (6), handlebars (3), seats (10) and pedals (8).

The Bike Patrol responded to 980 medical emergencies, 400 alone for cold exposure during special events. The top response otherwise was dehydration (250 cases). There were 80 leg/foot injuries, 22 cramps, 3 head/neck injuries, 2 unresponsive person, 16 lacerations, 2 heat exposure issues, 155 blisters (special events), 11 arm/hand injuries, 5 bites/stings, 5 contusions and one case of shock.

Top patroller was Greg Cordier who rode 5,662 miles and spent 789 hours in the saddle. Cordier was among nine patrollers who rode over 1,000 miles and volunteered over 100 hours. They include: Greg Cordier, Rick Bollinger, John Poimiroo, Ron Ciucci, Wendy Lambert, Rick Tower, Randie Swain and Jeanette Kelly and Ron Cone. Don't forget posting those stats after your patrol!

Submitted by statistician/webmaster **Chris Eddy.**



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## American River Bike Patrol Leadership Team:

Patrol Director: James Cheng

Assistant Patrol Director: John Poimiroo

Past Patrol Director: Tim Viall

Treasurer: Terry Reynolds

Secretary: Mark Moreno

Registrar: Mitchel Benson

### Area Coordinators:

Sacramento County West, Kathie Mahdavi

Sacramento County East, Rick Bollinger

Interim North, Jeff Gamache

Foothills, Ron Ciucci

### Team Leaders:

Greg Cordier

Don Griffiths

Carolyn Lewis

Carolyn Streng

Paul Sassenrath

Mitchel Benson

Wendy Lambert

Jeff Gordon

Ron Cone

Jeff Gamache

### Advisers:

Associations- Tim Viall

Communications- John Poimiroo

DEI- Carolyn Streng

Elections - Unfilled vacancy

EMS- Rick Bollinger

Events- Don Hufford

First Aid- Jim Margolis

Fundraising- Tim Viall

Helmets- Greg Cordier

Insurance- Larry Barlly

Junior Patrol- Rich Fowler

Legal- Larry Barlly

Mechanical- Rich Fowler

Medical- Dr. David Shatz

Mountain Bike - Alain Grenier

Newsletter Editors- Mark Moreno & Tim Viall

Patroller's Handbook - John Poimiroo

Quartermaster- Dave Olney

Recruiting- Tim Viall

Safety Patrol- Tim Viall

Social Media- Mark Moreno (filling in for Wendy Lambert)

Statistician- Chris Eddy

Webmaster- Chris Eddy

### Agencies

Sac County - Kathie Mahdavi and Rick Bollinger

California State Parks - Ron Ciucci

El Dorado County - Ron Ciucci

City of Roseville - Jeff Gamache

American River Bike Patrol News is published quarterly, in July, October, January and April. Send info/photos to Editor Mark Moreno, [mark@mosyklos.net](mailto:mark@mosyklos.net) by the 25th of the previous month.

# Parkway and ARBP Events Calendar:

Jan 6th, Saturday- 1st Sat Event 10 to 12

Noon, at William Pond

Jan 9th, Tuesday- Rich Fowler's Bike

Mechanic's clinic 9 AM to 12 noon, RSVP to

Rich, [richowlman@gmail.com](mailto:richowlman@gmail.com)

Jan 9th, Tuesday- Doc Margolis' Medical

Clinic 3 PM to 5 PM, RSVP to Doc,

[jamadapa@att.net](mailto:jamadapa@att.net)

Jan 11th, Thursday- Leadership Meeting at 7PM

Jan 15th, Monday- Martin Luther King Day

Jan 20th, Saturday- Coffee, Bikes & Insights Event, 9AM to about Noon,

RSVP to Rich, [richowlman@gmail.com](mailto:richowlman@gmail.com)

Jan 25th, Thursday- Townhall Meeting at 7 PM, Zoom

Feb 2nd, Friday- Groundhog Day

Feb 3rd, Saturday- 1st Saturday Event, 10 to 2PM

Feb 8th, Thursday- Leadership Meeting, 7 PM, Zoom

Feb 13th, Tuesday- Rich Fowler's Bike Mechanic's clinic 9AM to 12 noon,

RSVP to Rich, [richowlman@gmail.com](mailto:richowlman@gmail.com)

Feb 13th, Tuesday- Doc Margolis' Medical Clinic 3 PM to 5 PM, RSVP to

Doc, [jamadapa@att.net](mailto:jamadapa@att.net)

Feb 14th, Wednesday- Valentine's Day

Feb 22nd, Thursday- Townhall Meeting, 7 PM, Zoom

Mar 2nd, Saturday- 1st Saturday Event, 10 to 2 PM

Mar 11th, Monday- Ramadan begins

Mar 12th, Tuesday- Rich Fowler's Bike Mechanic's Clinic, RSVP to Rich,

[richowlman@gmail.com](mailto:richowlman@gmail.com)

Mar 12th, Tuesday- Doc Margolis' Medical Clinic 3 PM to 5 PM, RSVP to

Doc, [jamadapa@att.net](mailto:jamadapa@att.net)

Mar 14th, Thursday- Leadership Meeting, 7 PM, Zoom

Mar 17th, Sunday- St. Patrick's Day

Mar 25th, Wednesday- LAST DAY TO SUBMIT ARTICLES FOR THE

NEWSLETTER

Mar 28th, Thursday- Townhall Meeting, Zoom

Mar 31st, Sunday- Easter

Apr 6th, Saturday- 1st Saturday Event

Apr 6th, Saturday- Party Pardee 2024

April 9th, Tuesday- Eid al-Fitr (Ramadan ends)

April 9th, Tuesday- Rich Fowler's Bike Mechanic's Clinic, RSVP to Rich,

[richowlman@gmail.com](mailto:richowlman@gmail.com)

April 9th, Tuesday- Doc Margolis' Medical Clinic 3 PM to 5 PM, RSVP to

Doc, [jamadapa@att.net](mailto:jamadapa@att.net)

April 11th, Thursday- Leadership Meeting 7 PM, Zoom

April 15th, Monday- Tax Day

April 18<sup>th</sup> through April 21st, Thursday- Sunday, four days of the SEA

OTTER CLASSIC at Laguna Seca Raceway and Fort Ord, between Salinas

and Monterey; Tim Viall is contact, [tviall@msn.com](mailto:tviall@msn.com), or call 209.969.3875

(see info, page 17)

April 22nd, Monday- Passover

April 25th, Thursday- Townhall Meeting 7 PM, Zoom

April 27th, Saturday- OFC, Outdoor First Care hands-on course, and CPR

course, in Sacramento

May 18th, Saturday- Bike Fest (Supports the American River Parkway



# American River Bike Patrol Update

The American River Bike Patrol, based in Fair Oaks, Calif., has now grown to over 100 bike patrollers, following an aggressive fall recruiting drive.

Adding 25 patrollers was well timed, as the ARBP just added over 10 miles of City of Roseville Class I Bikeway to its patrol area which now tops 89 miles of separated bike trails in Sacramento, El Dorado and Placer Counties.



"We anticipate ongoing growth both in coverage area and membership," said Patrol Director Jim Cheng. "The City of Sacramento is adding Class I separated bike trails to its already extensive network of bikeways, and we foresee the need for bike patrollers on this ever-expanding system. Similar expansion of bike paths is occurring across California, causing our patrol to be contacted increasingly by cyclists in other communities seeking to establish bike patrols."

"Additionally," Cheng continued, "we've begun to plan for mountain bike patrollers who will be needed in nearby state parks which are adding and have in existence hundreds of miles of single track to be patrolled. We are also creating a Safety Foot Patrol (Hiking Patrol) unit that will be Patrolling the equestrian and hiking trails within the American River Parkway in Sacramento County."

The Hiking Patrollers will be trained like Bike Patrollers and wear a similar red shirt with white cross when patrolling. Their purpose is to add a safety presence to equestrian/hiking trails throughout the Parkway which are visited by five million users each year.

Folsom Lake State Recreation Area, which adjoins the American River Parkway, plans a similar foot patrol on its extensive network of hiking trails. A consideration is for the Safety Patrol to someday assist California State Parks with safety patrols on its trails.

ARBP just completed supporting a series of major events. Among them was the California International Marathon, a qualifier for the U.S. Olympic Marathon Team and Boston Marathon. Bike Patrollers were assigned course safety along the most congested sectors of the 26.2-mile marathon, one that has 9,200 competing athletes and 75,000 spectators. A month earlier, the ARBP provided Bike Course and Run Course safety for California IRONMAN, attended by over 3,000 athletes. This super triathlon included a 2.5-mile swim, 112-mile bike race and full 26.2-mile marathon within 17 hours on a single day.

"Events of this magnitude test the limits of human endurance and, accordingly, the abilities of bike patrollers to handle multiple cases of muscle fatigue, nausea, cramping, blistering and cold stress/onset hypothermia at one time," said Cheng. "Always on our minds are the possibilities of mass casualties and cardiac arrest. As such, we work closely with race officials, law enforcement, contracted ambulance teams and EMS. Crowd control and spectator relations, in an urban environment where city residents are inconvenienced by an athletic event, further challenge a patroller's relationship skills."

Thirty ARBP Bike Patrollers supported IRONMAN and 15 worked CIM. "There's a special esprit that develops among patrollers who volunteer for these elite events," said Cheng, "They know that only the best are competing and, likewise, that only the best are patrolling." For more insight on the American River Bike Patrol, see our website: [americanriverbikepatrol.org](http://americanriverbikepatrol.org). Submitted by **John Poimiroo, Assistant Patrol Leader**.

# Junior Bike Patrol graduates 17 in December

The American River Bike Patrol (ARBP) recently celebrated the graduation of fifteen students from the newly established Junior Patrol Program. Fourteen from Cordova High School and two from Grant Union High School rode the entire 31-mile length of the American River Trail to complete their training. It was the culmination of a ten-week program pioneered by the ARBP to introduce “at risk” young people to the joys and challenges of biking, the American River Parkway, and the Jedediah Smith Memorial Trail in Sacramento. Nearly 100 people---family members, friends, mentors and bike patrol members welcomed the riders as they rode, two by two, into Discovery Park.

**At right, Advisor Rich Fowler addresses Junior Patrol candidates on the American River Trail; Jaunior Patrol mentors pose during one of 10 Saturday Training session and some of our Junior Patrollers pose for a photo during week 8.**

The program started as an experimental collaboration between Cordova High School and the American River Bike Patrol. With strong support from school administrators, the actual riding began on October 16. Many of the students had never ridden more than three blocks, nor had they ever ridden on the American River Bike Trail.

The promise of the program was that if the students completed 7 of the 9 sessions (before the last ride), they would be included in the grand finale—a 31 mile ride from Beale’s Point to Discovery Park where they would be awarded a brand new Trek FX 1 bicycle. It was emphasized that the American River Bike Patrol did NOT “give away” bicycles, but that they could “earn” a bike by showing up week after week and riding the miles laid out for them on the trail.

It should be made clear that Cordova High School is two blocks from the American River Parkway and trail. **TWO BLOCKS!** Sixteen students showed up on day one. They were assigned a bike, a helmet, and a mentor. They were taught how to pump up the tires, establish the correct seat height, and in some cases, how to get on and ride the bike. As the students left the parking lot that morning for an introductory five-mile ride, mentors had serious doubts about whether they would return in one piece.

They did! And they were thrilled--so proud of themselves. Each week we added distances—5 miles, 8 miles, 10 miles, 13 miles, etc. We started at 9 am each Saturday morning. The students improved rapidly. Learning how to use their gears to go up the hills was a major undertaking. On one Saturday it was raining so we met in a classroom and presented a rudimentary training in first aid—how to stop someone from bleeding; how to respond to someone who had crashed their bike. Then they learned how to take off a wheel from their bikes and replace a tube.

The week before the Grand Finale, the students were told they must finish a 26 mile ride that included some pretty tough hills. They all did it--except one, and he asked if he could do a make-up ride with us on Sunday. Two mentors met him at the school at 9 am. He did the 26 miles with little trouble. **See Junior Patrollers, cont’d next page >>>**



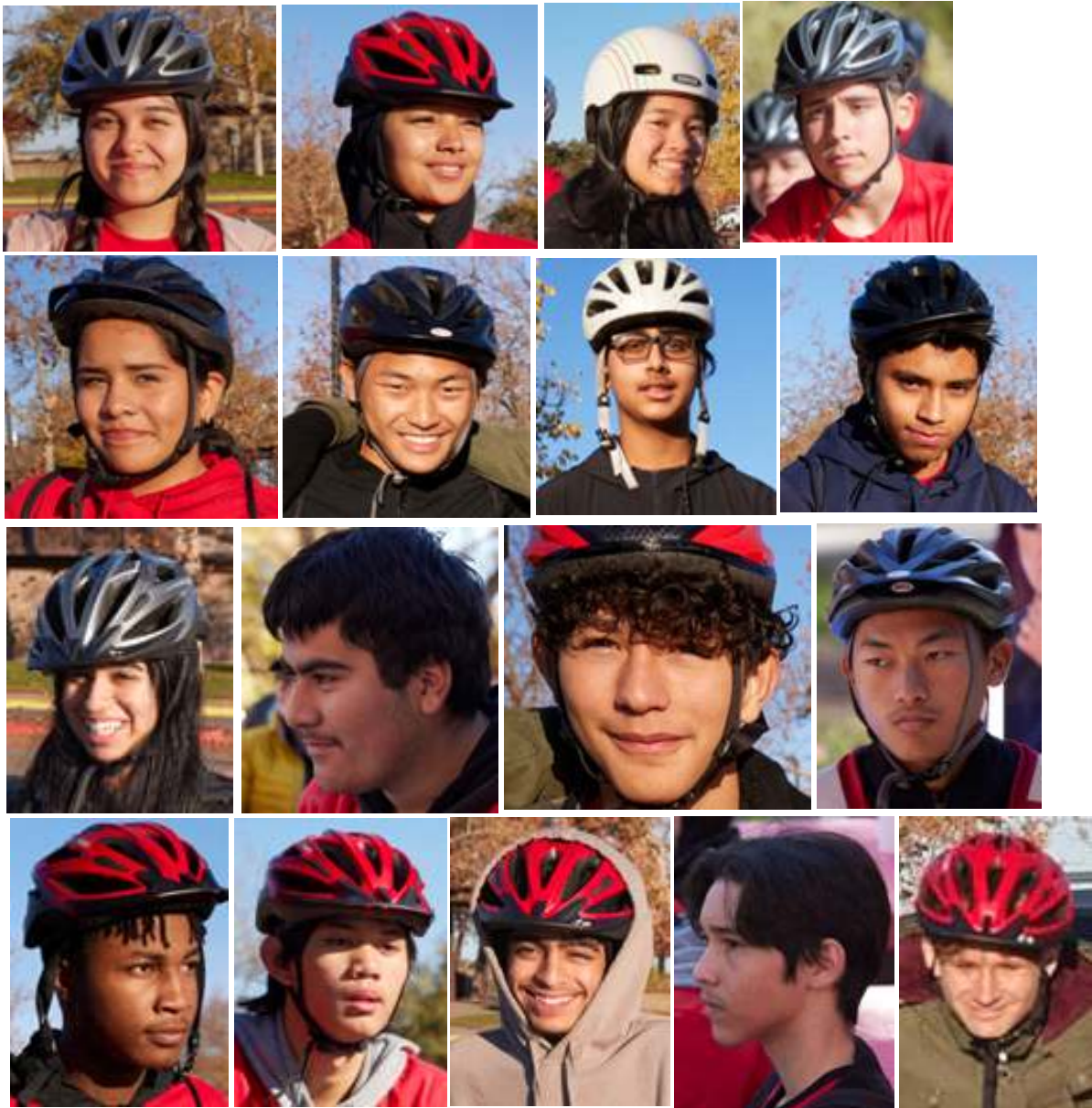
## Junior Bike Patrol continued from prior page

When they got back to the car, he asked if one of the mentors could drop him off at home. The mentor agreed thinking that he would live a few blocks from the school. He actually lived four miles from the school and had walked on a very cold Sunday morning four miles so he could do this final ride. That humbling event speaks clearly about the level of investment of the students in the program.

Another important dynamic needs to be shared. Every week more than fifteen adult members of the senior patrol showed up to ride with these young people. And what happened was that caring relationships began to form between mentors and students. They looked forward to riding together. Mentors were invested in the success of the student riders. The mentors clearly were receiving back something very important.

On a December Saturday, seventeen riders and 20 mentors rode two by two the last mile into Discovery Park. More than fifty family members and friends cheered as the group rode in. Trek Company was there to give out the new bikes. Short speeches were shared by riders, mentors and others. Annette, one of the student riders, who did not miss one ride, shed tears as she publicly thanked her parents and the mentors for this experience. Dry eyes were hard to find. It was an appropriate and emotional end to a terrific program (see the faces of our graduates, below).

While most of these students are not yet ready to be full Patrol Members, plans are developing for a spring semester that include in depth first aid and bike mechanics training as well as a focus on how to ride safely on the streets. We've just experienced the end of step one. Clearly there is more to come! For more insight, contact **American River Bike Patrol Junior Patrol Advisor Rich Fowler**, [richowlman@gmail.com](mailto:richowlman@gmail.com).



# Outdoor First Care; How to know “when treatment is urgent” ...

“How do we know when something is Urgent”, that’s a question Doc Jim Margolis hears frequently from new bike patrollers.



1. Bleeding- check for any open bleeding and control. Usually applying 4x4s and roller gauze will control bleeding. If a wound is wide open, stuff the wound with either 4x4s or roller gauze and then cover with roller gauze. If spurting and large in volume, use a tourniquet (have one in your kit.) Call 911.

2. Difficulty breathing- may be asthma if so assist in using a rescue inhaler. Could also be heart attack.

3. Chest pain- abnormal pulse, pain may radiate into arm or jaw- treat expediently with early 911 call. If their condition causes a loss of pulse and breathing, start CPR.

4. Severe allergic reaction- could be a bee sting or a peanut allergy. Hives, difficulty breathing, rapid pulse and breathing, are symptoms of allergic reaction. Sit them down, assist them with their epi-pen if they have one, and call 911.

5. Not Alert- or not oriented to time, place, person or event.

If head trauma- protect the spine, assess, and call 911.

If overdose- Narcan if available. Rescue breathing and early 911.

Hypoglycemia- diabetic, give sugar and call 911.

Severe heat or cold injury- cool or warm as indicated, hydrate, call 911.

Stroke- sudden loss of speech, motor function and alertness. Stroke is an urgent condition and timely hospital care can reverse a clot.

6. Shock- anxious, disoriented, rapid pulse and respiration, pale and sweating. Lay them down, keep them warm, treat cause, which is often from bleeding. Call 911. Submitted by **Doc Jim Margolis**



## Address up-to-date?

To be added to E-mail list, or should your address change, please send name, address and email address to patrol secretary Tim Viall, [tviall@msn.com](mailto:tviall@msn.com), or call (209) 969-3875.

# Seeking new biking and hiking patrollers

## ARBP kicks off membership drive for winter/spring, 2024

**Timing:** Kick off with our January, 2024 newsletter and our January First Saturday meeting – we will press our efforts through April, focusing on an April 27 Saturday all-day OFC and CPR training session.

### **These activities are targeted:**

- 1) Actively “deputize” our current members to accelerate their outreach/discussion on the trail and equip them all with the blue handout cards.
- 2) Rework copy on ARBP website to include “seeking biking and hiking safety patrollers”; reprint our recruitment flyer handouts.
- 3a) Outreach to existing cycling clubs, hiking, walking clubs and outdoor event clubs in the Sacramento area, and a few of our partner agencies who attend the American River Coalition meetings. Message: “seeking both biking and hiking safety patrollers”.
- 3b) Specific outreach to clubs and organizations that attract diverse members, and local hiking and walking groups; we have developed a shortlist in our DEI meetings.
- 4) Reconnect with prior applicants who have not moved forward on their membership; and
- 5) Reconnect with some of our lapsed members from the past couple of years, some of whom may be ready to re-join.
- 6) Media outreach to the general public, including a couple of “Ride with Bike Patrollers” Saturday morning invites, or a public meeting, or two, at a place like REI Co-op, a similar venue in El Dorado County.
- 7) Outreach as well through our own social media and newsletter. Such a media blitz could include celebration of our upcoming fourth year anniversary!
- 8) Target current and alumni members of NSP who live within about 15 miles of the Sacramento County and El Dorado County portions of the trail – with direct email invites as we did three years ago.
- 9) Other ideas – what are we missing?

**Volunteers welcomed:** those who want to help with outreach and recruitment, please contact ARBP board member Tim Viall, [tviall@msn.com](mailto:tviall@msn.com); or call 209.969.3875.



## Welcome to our new members!

The American River Bike Patrol welcomed 29 new members in September and October! They include John Boustead, Dan Cairns, Matt Carroll, Mark Colclasure, Karen Easling, Johnny Fontaine, Jeff Gamache, Corey Goodstein, Piret Harmon, Edward Harmon, Dave Howard, David James, Eric Johansson, Lee Ann Lambirth, Bell Lee, Fernando Lopez, Victor Massenkoff, Wayne Gerry McIntyre, Tracy Miller, Oscar Munoz, Avery Nguyen, David Olney, Henry Rodriquez, Steve Streng, Scott Taylor, Ted Toal, John Webb and Peyton Wong. To our new members, thanks for your time, talents and enthusiasm; welcome to the American River Bike Patrol!



# Special events highlight last half of 2023

## California IRONMAN

32 Bike Patrollers supported California IRONMAN in October. This event had 3,000 athletes competing over a course that included a 2.5-mile swim, 112 mile bike ride and 26.2-mile run (full marathon). This was the third successive year that the Bike Patrol has supported IRONMAN and the third that weather was an important factor. A torrential downpour had patrollers ducking under shelters, but there was no way to avoid the rain once out on the course. The patrol assisted with bike SAG (moving riders and bikes off the bike course), Bike Tech (repairing broken down athlete bikes) and Run Safety (on course presence and first aid for runners). That involved transporting many athletes, repairing lots of bikes and handling hundreds of cases of cold exposure. In addition patrollers treated cases of cramps, nausea, blisters and other minor injuries. IRONMAN was the first big test of the patrol's new radios, and despite being tested before the race, they failed on race day, due to geography, distances, obstacles and weather. Patrollers were unable to communicate with one another consistently. The main culprits: ground interference and lack of a repeating station to boost everyone's signals. Walkie talkies provided by IRONMAN used cell phone technology and were flawless, leading the patrol to consider other approaches to future special events communications.

## California International Marathon

With over 10,000 athletes registered to compete, CIM was the largest "local" event (Monterey's Sea Otter Classic is bigger) supported by the Bike Patrol this year. A new approach concentrated the bike patrol along a 7-mile stretch of the course where cars, pedestrians and cyclists have impeded the race in previous years. The patrol was successful in discouraging vehicles from venturing out onto the course, but quickly concluded that attempting to stop cyclists from riding or pedestrians from walking on the non-course side of Fair Oaks Blvd was futile. There were few medical incidents (compared to what patrollers handled at IRONMAN). Radio Adviser Mark Moreno placed a relay station with 15-foot-tall antenna at Watt and Fair Oaks Blvd. which allowed him to hear and be heard by patrollers across the length of the course, but they still could not hear each other due to the same issues experienced during IRONMAN. We concluded that Land Mobile Radios (LMR) used by the ski patrol do not work in the situations we're in, without extensive placement of repeaters along the long distances we operate. That is financially not supportable. That has led the patrol to conclude it will move to a cellphone app (Zello) with patrollers using remote buttons and earbuds to transmit and receive communications and it will eventually sell its six patrol radios to ski patrols and ski patrollers. Submitted by **John Poimiroo**.

## Family Fall Festival

Patrollers Kathie Mahdavi, Greg Cordier and John Poimiroo fitted 70 helmets on children and seniors at the Family Fall Festival in October. That was triple the number of helmets fitted in the previous year, keeping the trio busy from the moment the festival opened until it closed. The helmets are provided by UC Davis Health, Injury and Violence Prevention and the American River Bike Patrol. Patrollers interested in assisting with our helmet program should contact Helmet Adviser Greg Cordier ([gregcordier@comcast.net](mailto:gregcordier@comcast.net)).





# Roseville City Bike Trails, by Jeff Gamache

Over the past few months, the American River Bike Patrol (ARBP) has diligently worked towards incorporating select Roseville City Bike Trails into our patrolling initiatives. We are pleased to announce that we have received the necessary documentation from the City's legal representatives, and we anticipate securing formal approval during the upcoming January session.

## Operational Guidelines for Patrolling Roseville City Bike Trails:

To ensure a seamless and effective patrol experience on the newly added Roseville City Bike Trails, we would like to provide our patrolling team and concerned citizens with some helpful tips:

**1. Utilize the Non-Emergency Police Line:** When reporting non-emergency issues, such as incidents involving unhoused individuals or instances of graffiti, we encourage all patrollers and citizens to use the designated non-emergency police line at 916.774.500.

**2. Leverage the "My RSVL" App for Reporting:** For efficient reporting of graffiti and concerns related to unhoused individuals, we recommend using the Roseville City App, "My RSVL." This user-friendly application is accessible through both the Google App Exchange and the Apple App Exchange. By utilizing this platform, community members contribute to a collaborative effort in maintaining the integrity of our shared spaces.



At left, correct App Logo, Developer "CitySourced":

**3. In Case of Immediate Assistance, Dial 911:** For emergencies requiring immediate attention, please do not hesitate to dial 911. This ensures a prompt response from emergency services and aids in addressing urgent situations effectively.

The integration of Roseville City Bike Trails into the ARBP is a significant milestone in our commitment to fostering safe and enjoyable trail experiences for all. By adhering to these operational guidelines, our patrolling team and the community at large can contribute to the ongoing success of this collaborative initiative. We look forward to further enhancing the safety and security of our shared biking trails in Roseville.

**The Pleasant Grove Creek Trail** (see map to right), nestled within the heart of the neighborhood, offers a picturesque route that meanders alongside a serene creek, guiding residents and visitors through the enchanting landscapes of Fiddymment Farms and West Park in Roseville.

Trail Highlights:

**1. Fiddymment Farms and West Park Exploration:**

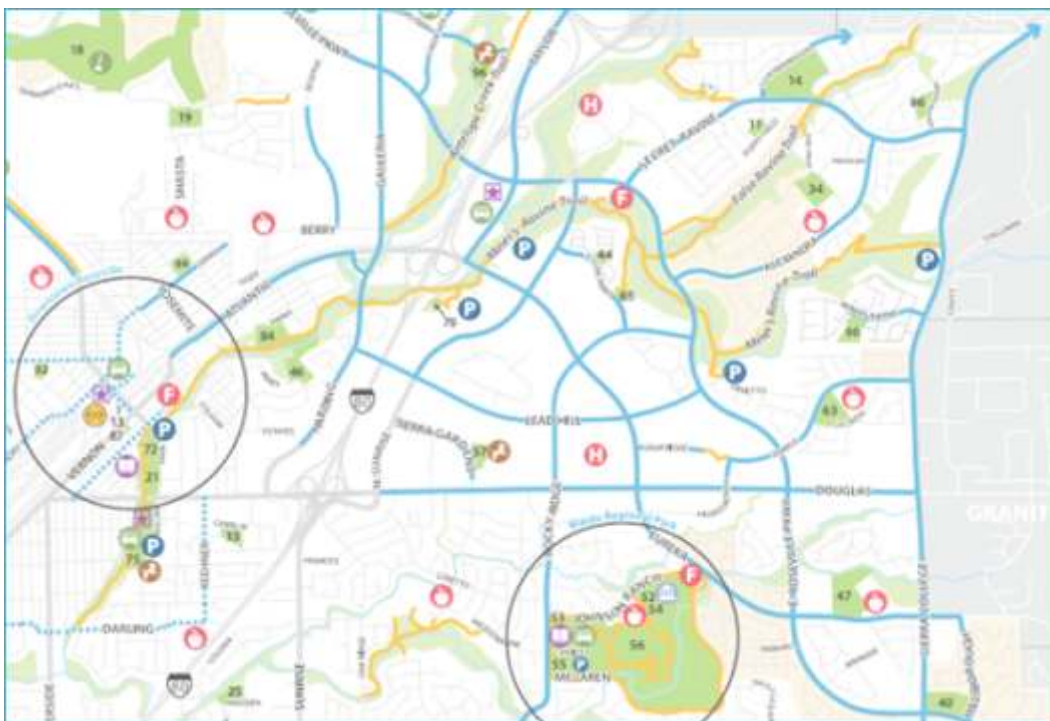
As you embark on the Pleasant Grove Creek Trail, the path unfolds to reveal the beauty of Fiddymment Farms and the scenic West Park of Roseville. This segment provides an immersive experience, allowing trail-goers to appreciate the natural charm of the surroundings.



2. **Trail Extension to Veteran's Memorial Park:** Midway through the journey, a notable trail extension beckons southward, guiding you through Veteran's Memorial Park (#89/#88). The trail leads around a soccer field, over a charming creek bridge, and encircles a baseball field. An underpass beneath Blue Oaks Blvd seamlessly connects to the South Branch of the trail, ultimately leading to the Woodcreek Golf Course.
3. **West End Exploration and Connectivity:** At the far west end of the trail, an exit point presents an opportunity to travel southbound along Westbrook Blvd. Here, you can seamlessly transition to another trail extension, winding along a nature preserve. This segment creates a captivating loop, culminating in proximity to the popular neighborhood coffee shop, Mojo's. Adjacent to Mojo's, trail-goers will discover another local gem, Kitchen 747, owned by the same proprietor (near #48).

The Pleasant Grove Creek Trail stands as an exquisite testament to the natural beauty within Roseville. Pleasant Grove Creek Trail promises an enriching journey through the scenic tapestry of Roseville's neighborhoods.

**The Miner's Ravine Trail** (see map to right) is renowned for its scenic charm, gracefully winds along the picturesque Dry Creek, connecting downtown Roseville to Sierra College Blvd. This idyllic trail serves as a haven for outdoor enthusiasts seeking a serene pathway through the heart of small town Roseville.



Trail Details:

1. **Trail Route:** Extending between downtown Roseville and Sierra College Blvd, the Miner's Ravine Trail offers a picturesque route that follows the enchanting course of Dry Creek. This carefully curated path presents an immersive experience, seamlessly blending urban connectivity with natural beauty.
2. **Trail Access Points:** Two prominent trailheads provide convenient access to the Miner's Ravine Trail. The Sierra College Blvd Trail Head and parking lot, located approximately 1 mile north of Douglas Blvd on the west side of the road, offer a starting point for those embarking on the northern leg of the trail. In downtown Roseville, the Oak St and Lincoln St corner serves as the gateway to the southern segment of the trail.
3. **Urban Amenities Along the Trail:** For trail-goers seeking refreshment and convenience, a strategically positioned Starbucks along Sunrise Ave provides a welcome break. West of Sunrise Ave, the trail diverges next to a Holiday Inn Express. By crossing the street over Sunrise Ave and locating the Starbucks behind the Chevron gas station, patrons can enjoy a brief respite amidst familiar surroundings.

The Miner's Ravine Trail stands as a testament to the harmonious integration of urban connectivity and natural splendor. As you traverse this scenic pathway, enjoy the tranquility of Dry Creek and savor the convenient urban amenities that complement the allure of the Miner's Ravine Trail. Submitted by **Jeff Gamache**, Roseville North Area Coordinator; for more info, contact Jeff, [jeffgamache.916@gmail.com](mailto:jeffgamache.916@gmail.com).

# New Year Challenge to Patrol Mechanics! By Rich Fowler

Often at this time of year, I consider what challenges I want to address in the next year. (Yes, losing weight is always one of them!) If you are one of those who tries to set new goals, I encourage you to include becoming a better bike mechanic. As patrollers, we spend a lot of time becoming more comfortable with responding to accidents and human pain on the trail. That is how it should be. But frankly, we are much more likely to confront mechanical failure. Do you feel comfortable addressing these challenges?

I would welcome conversations with you about what you would like to learn in the next year. Where do you feel deficient? I will continue to do bike training sessions the first Tuesday of each month (starting in February 24), but I am always willing to meet with you individually to go over specific mechanical issues you'd like to know more about.

You can always reach me at [richowlman@gmail.com](mailto:richowlman@gmail.com) or 916 761 7382.

## HOW TO REPLACE A TUBE IN A FRONT TIRE

**Needed? Tire levers, pump, cotton ball, new tube or patch kit.**

1. Release brake.
2. Turn the bike over (or not, depending on what you feel most comfortable with)
3. Loosen quick release holding the wheel onto the frame
4. Remove wheel from bike.
5. Empty tire of all air.
6. Remove one side of tire with levers.
7. Remove tube from tire.
8. Use cotton ball to find thorn or glass in tire.
9. Pump a little air into new tube.
10. Place new tube into tire starting with valve stem in hole.
11. Install tire back on rim...using levers to pry tire back in place if needed.
12. Pump air into tire until firm.
13. Install wheel back on bicycle.
14. Reset quick release
15. Turn bike over
16. Hook up the brakes.
17. Ride your bike AND BE VERY PROUD OF YOURSELF.



## HOW TO REPLACE A TUBE IN A BACK TIRE

*Needed? Tire levers, pump, cotton ball, crescent wrench, new tube or patch kit, rubber gloves and a rag.*

1. Release brake. (Not needed if disc brakes). Switch bike into high (smallest) gear.
2. Turn the bike over or not, whichever you feel most comfortable with.
3. Loosen quick release (or nut with crescent wrench) holding the wheel onto the frame.
4. Remove wheel from bike. May need to hold rear derailleur out of the way.
5. Empty tire of all air.
6. Remove one side of tire with levers.
7. Remove tube from tire.
8. Use cotton ball (or fingers) to search inside tire for thorn or glass in tire.
9. Pump a little air into new tube.
10. Place new tube into tire starting with valve stem in hole.
11. Install tire back on rim...using thumbs or levers to pry tire back in place if needed.
12. Pump air into tire until firm. Make sure tire is seated in the rim.
13. Pull derailleur out of the way to place high gear onto chain and replace rear wheel..
14. Reset quick release. Spin tire to make sure tire is not hitting frame.
15. Turn bike over
16. Hook up the brakes. Spin tire again to make sure rim is not hitting brake pads.
17. Ride your bike AND BE VERY PROUD OF YOURSELF.

**NEXT CLASS: How to patch a tube! Rich Fowler, Bike Mechanical advisor.**

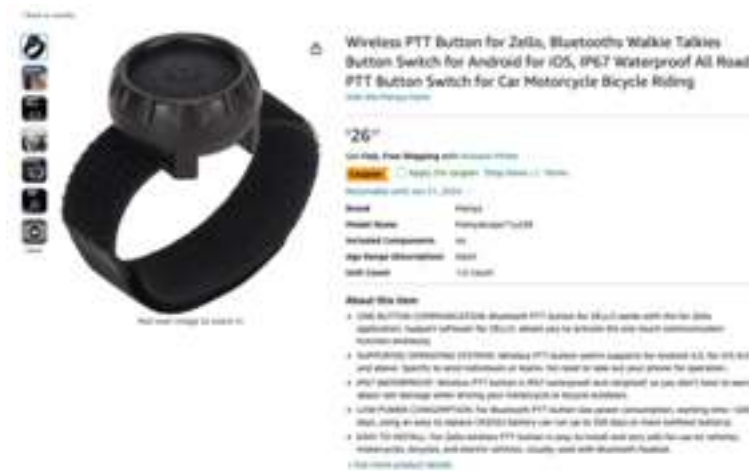
# The Zello Solution

A means of providing radio communications between patrollers has been investigated over the past year, somewhat frustratingly. The search for a radio solution began because patrollers had limited ability to communicate with one another at special events (CIM, IRONMAN, Party Pardee). They could only reach other on the phone or text one another. Those methods aren't convenient when you're cycling, a walkie talkie is. So, the patrol searched for walkie talkies that could be used in our patrol situations. We first tested GMRS radios, popular among amateur radio operators, but FCC regulations would have required members of the patrol obtaining licenses to communicate. We turned in the two test GMRS radios and, at the recommendation of the NSPs national telecommunications director, purchased TR-500s, the same type of walkie talkies used by ski patrols across the country. The TR-500s are what's called Land Mobile Radio units. That's the type preferred by first responders as they provide quick and secure transmissions in a broad spectrum of environments. The TR-500s were dual band, allowing communications on VHF and UHF frequencies. Our initial test indicated that the radios would work, but we always knew we would have better reception if we could gain access to a repeater.



While there are many GMRS repeaters operated by local HAMs, LMR repeaters are less available. Without a repeater, our range would be limited. At IRONMAN, despite an initial test which indicated the radios would communicate with one another on either side of the Sacramento river, in actual practice they did not. So, for IRONMAN, Radio Adviser Mark Moreno set up a 15-foot-tall relay antenna which would allow him to receive and transmit up to 10 miles. That did prove true. While Mark could hear and communicate with the patrollers on the IRONMAN course, they still could not communicate with one another.

Then, Mark turned back to a technology we'd tested unsuccessfully more than a year before ... Zello. Zello is a mobile phone app that can be added to a mobile phone for free. It turns a cell phone into a walkie talkie. There is no problem with distance, as Zello uses the same mobile network used by the phone. The reason our initial test of Zello wasn't successful was because the Zello app limits the amount of time that an unsubscribed user can transmit. On our test, once we reached the free-use limit, Zello blocked further calls. To use Zello among all patrollers, we realized each participating patroller would need a Zello subscription. However, Mark contacted Zello and found that they provide unlimited subscriptions to first responder units. He was able to apply to Zello and get the American River Bike Patrol added as an authorized First Responder. This means none of us need a Zello subscription, as long as we talk on the AR Bike Patrol.



Here's how to add Zello to your phone. Go to the App Store. Search for Zello Walkie Talkie. Download the app. Open the Zello app on your phone. At the bottom you should see 3 choices, Sign up, [I already have an account](#), and way at the bottom is [Zello Work](#). Pick the last one, Zello Work. Next will be a login screen, enter your User Name\* which is your own name (for now) and next enter your password which is "5555" (for now). The last item is the network and ours is "arbp2020." The next screen is used to enable app permissions. For the time being, enable everything. When you are done there is no obvious button to press, so just go to the top left hand corner and press the arrow or back button. You may **Please see Zello, continued next page...**

## Zello, continued from previous page...

now see a list of people who are part of ARBP and are **On** (available) or **Offline**. At the bottom right you should also see a “channels” button. Press on this and you should see a list of channels available\* to you. All patrollers should have access to the channel called “Everyone.” Press on this and you will see a large orange circle with a microphone icon in the center. This is the PTT button or the “push to talk” button. When you press and hold, then wait a second, you can speak to whomever else is out on patrol. When you are finished patrolling, be sure and switch yourself to Offline, so that your phone won't disturb others.

\*Currently Mark needs to add everyone's name so if you are anxious to start up please contact him at [mark@mosyklos.net](mailto:mark@mosyklos.net) and let him know. Also tell him which areas you are going to patrol so that he can add your name to that channel. You may choose whatever name you want for a “User Name,” but- so that other patrollers know it's you- your name will show as your real name. Exceptions can be made such as “Rick” instead of “Earl,” since everyone knows him by that name. Just let Mark know.

To use Zello while riding your bike, you will need to mount a "Wireless PTT Button for Zello" to your handlebars. Sold on Amazon for \$27, they come with a velcro strap to mount to your handlebars. Install a CR 2032 battery, pair it to your phone and you're good for two years. With this button and an earbud, you can communicate while riding, as easily as using a walkie talkie. Submitted by **John Poimiroo**,

## Thanks to Sacramento County Park's Maintenance Staff!



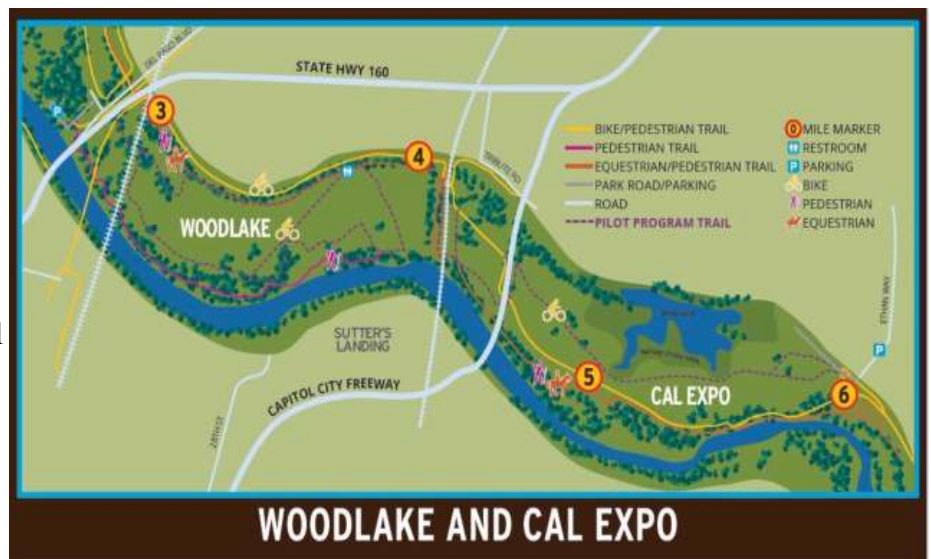
Pictured above, left to right, County staff hosts a Thursday morning information kiosk near mile 19, a Sacramento County Park's maintenance task force removing thousands of pounds of illegal camper trash from underneath the Sunrise Boulevard bridge and one of the County maintenance trucks and its blower, blowing both water and leaves off the parkway near mile 21. Thanks for your good work!

## Ride the trails in the Woodlake area!

If you have not yet explored the area, grab a patroller partner and take explore the fire roads and single track options in the Woodlake/Cal Expo/Bushy Lake area, between miles 3 and 6 on the trail.

This is the area approved for off-paved trail riding (see map); both mountain bikes and sturdy road bikes can handle the fire roads in the area. Pointing out this approved off-pavement riding area is part of our service.

Check it out!



# Save the American River Association Update

**Save the American River Association (SARA)** was founded in 1961 to spearhead creation of the American River Parkway. Every year since then has been a busy one for our volunteers as we work to protect and enhance the Parkway and the Lower American River. Here are some of the top ongoing issues SARA will be dealing with in 2024.

## DEVELOPMENT PROPOSAL

An out-of-town developer hopes to build million-dollar homes on 41 acres in Rancho Cordova between Folsom Boulevard and the American River. The upper 21 areas are suitable for housing, but the lower 20 acres overlook William B. Pond and River Bend Parks on the Parkway. The developer would build two-story homes adjacent to the river on prime wildlife habitat and on the site of a Native American village where graves and artifacts have been found. The development would violate setback requirements and also is in a flood zone. SARA is working with local residents, businesses and the environmental community to stop the development.

## HOMELESS CRISIS

Sacramento County's homeless population continues to grow and now is probably in excess of 10,000 people. Homeless campers have been littering and polluting the Parkway and causing fires. Homeless people have threatened Parkway visitors and one homeless man has been charged with raping and murdering a woman who was taking photos on the Parkway. SARA has been working with Sacramento City and County officials to get homeless campers off the Parkway and adjacent creeks and into safe housing. In the past year, we have seen some significant progress in that effort. But there is still much work to be done.

## FISHERY IN THE LOWER AMERICAN

The fishery in the Lower American River has been devastated by low water flows and high temperatures during critical spawning periods. Working with the Sacramento Water Forum, SARA members have been able to convince the federal Bureau of Reclamation to increase flows and improve water quality in the Lower American. We continue to work enhance those conditions.

## *E.coli* BACTERIA

## NATURAL RESOURCES MANAGEMENT PLAN

In 2008, the Sacramento County Board of Supervisors approved the development of a Natural Resources Management Plan to define criteria and standards to monitor, evaluate and protect the Parkway's resources from overuse and provide oversight for projects to restore habitat. The plan has finally been developed and SARA will be monitoring its implementation.

## LAKE NATOMA SHORELINE

The City of Folsom has been developing plans to allow hotels, restaurants, and other businesses to be built near the Lake Natoma shoreline. SARA is monitoring the effort and working with the Folsom community to ensure any projects or activities are consistent with the American River Parkway Plan and the Folsom Lake State Recreation Area Plan. SARA representatives also will be working with state Parks and Recreation officials to remove invasive plants and restore the oak woodland in the Black Miner's Bar area.

## BRIDGE AT TRUXEL

The City of Sacramento wants to build a bridge thru the Parkway at Truxel Blvd. in downtown. It would have 4 lanes of vehicle traffic, a light rail line, and lanes for bikes and walkers. It would take out 5 acres of prime habitat in the Parkway. We can accept a bridge for light rail, bikers and walkers. But 4 lanes for vehicle traffic is unacceptable.

## LEGISLATION

SARA representatives work with a coalition of environmental groups that monitor and develop legislation in the California Legislature. In every legislative session, they oppose measures that would gut or redefine environmental laws and regulations. In recent years, more than \$48 million in state funds have been secured for projects and restoration efforts in the Parkway. On the March 2024 ballot, there is a bond measure that would provide \$12 million for the Lower American River Conservancy that would fund grants for the Parkway.

It is notable that a SARA representative wrote the first draft of the measure that banned throw-away plastic bags. For more information on **SARA**, see **website**, [sarariverwatch.org](http://sarariverwatch.org), or contact **Stephen Green**, [GSG444@sbcglobal.net](mailto:GSG444@sbcglobal.net)



## Giving Tuesday brings donations of \$1,700

The Giving Tuesday event, Noember 28, resulted in donations of \$1,700 to the American River Bike Patrol. Thanks to our members for promoting the event to friends, family and business cohorts, and to the individual donors themselves. Donations through programs like this help fund our first-aid supplies, bike repair items, information kiosks and hydration stations, helmet programs and other ARBP efforts to promote safe cycling and walking along the American River trail system. Thanks from the ARBP!



## National Bike Patrol at work on educational courses

The National Bike Committee has been working on the National Bike Patrol's first two educational courses. The Bike 1 course is an introduction to cycling and to the basics of bike patrolling, while Bike 2 will be an educational course on the skills required for a bike patroller (for both urban bike patrollers and alpine bike patrollers).

You'll see the Bike 1 course is nearing completion (it should be released sometime this winter/early spring, when we can make use of it) and will include a few "action photos" submitted by the ARBP.

The Bike 2 course is currently in concept discussions, and will probably be done (at least in draft form) by sometime this spring.



For your perusal, here is the almost-finished **Bike 1 course and it's 5 modules**.

- Module 1 - <https://360.articulate.com/review/content/9bcfd78e-832c-4aed-b4af-31cbf8b6321d/review>
- Module 2 - <https://360.articulate.com/review/content/cccc2b82-fae3-4b13-ba30-5d347b5cba36/review>
- Module 3 - <https://360.articulate.com/review/content/7abf740a-9532-4625-85ea-275518864c01/review>
- Module 4 - <https://360.articulate.com/review/content/ba44f88b-0265-4382-bec2-e37a7fb18279/review>
- Module 5 - <https://360.articulate.com/review/content/6a700cb6-908d-4151-b288-50861b02333f/review>

As the Bike 2 course comes into focus, I will share details. Yay, bikes! Thanks, **Tim Viall**, member, National Bike Committee, NBP.

## American River Coalition meetings

The American river Coalition meetings are held monthly, on the fourth Friday, Noon to 2:00 PM at County Parks headquarters. Typically, ARBP's Kathie Mahdavi, Greg Cordier and Tim Viall usually attend the public meetings.

Short highlights include updates on the County's portion of the Parkway, what is happening in Lake Natoma and Folsom Lake State Recreation Area. Most meetings feature comments and Q&A from **Chief Ranger Leonard Orman** (pictured at right), who has noted in recent months an increase in total Ranger staff. He has vacancies, and they are working on new hires. He noted that expanded county maintenance crews performed additional fire abatement along the perimeter of the parkway in areas such as Gold River, Rancho Cordova and elsewhere. Rangers have been vigilant in abating illegal camps, camps with illegal campfires and his Rangers have also upped monthly citations for unleashed dogs and off-trail illegal cycling.

Each meeting typically draws about 25 members of a variety of non-profit organizations that are active in river preservation, homeowner's groups and others. If anyone would like to attend, send Tim Viall, [tviall@msn.com](mailto:tviall@msn.com), your email and he will add you to the agendas for the meetings.



# A very special thanks for assistance during 2023!

For their help and assistance along the road to the American River Bike Patrol, we thank:

- The **American River Coalition**, their many members and non-profit partners and the Coalition leader and lively facilitator, Betsy Weiland, and their parent organization, **Save the American River Association**.
- Special thanks to SARA's chair Stephen Green and past chair Warren Truitt.
- The **Sacramento County Regional Park's** leadership team of Liz Bellas, Chief Ranger Leonard Orman and our park rangers and maintenance staff,
- Parkway partner agencies like the **Save the American River Association, Sacramento Valley Conservancy, Sacramento-area Bicycle Coalition, Sacramento Bike Hikers, Sacramento Wheelmen, American River Parkway Foundation, FATRAC and the American River Volunteer Equestrian Patrol**.
- The Chief Ranger and his Ranger team at **Folsom Lake State Recreation Area**. Thanks also to the **El Dorado County Sheriff's office** and to the **City of Roseville**.
- **Sponsors and supporters** over the last four years.
- The **NSP Denver staff and board of directors, the NSP's Bike Committee and several NSP bike patrols** across the US for sharing tips, enthusiasm and organizational advice.
- The approximately **8,000,000 Parkway annual users**; for their appreciation and support of the Parkway and American River; we look forward to serving you!
- And **many others**, whose steady support of the American River makes our tasks easier!

## National Bike Patrol logo reflects progress!

Recently the National Ski Patrol copyrighted the National Bike Patrol name and shield logo you see at the left (NSP also has copyrighted the National Mountain Bike Patrol logo, also pictured).

For a national organization that has been highly recognized as a "ski safety organization" since 1938, this is a big step forward in the direction of bike patrols. With bike units growing across the US, bike patroller members growing quickly and fresh ideas percolating from those new members, it only makes sense.

In addition, the National Bike Committee is moving forward on bike patrol skills training and is working with the Professional Mountain Bike Instructors Association (PMBIA). Tim Viall is one of 14 NBP committee members. If you have experience in mountain bike skills training, please talk with Patrol Leader Jim, with Alain Granier or with Tim.

Go Bikes, and Go American River Bike Patrol, a proud member of the NBP and the NSP!





# Volunteer at Sea Otter Bike Classic, April 18-21, 2024, as first-aiders at USA's biggest cycling event!

*Sea Otter Bike Classic located at Laguna Seca Raceway/Ft. Ord National Monument, CA.*

ARBP members are invited to join other Far West Division ski patrollers, family and friends to help provide first-aid service, non-emergency transport and course marshaling at the Sea Otter Classic at Laguna Seca Raceway near Monterey, CA, the USA's largest outdoor biking event.

NSP members and friends camp at "Ski Patrol Central" within the event, enjoy evening barbecues, find time to ride their bikes, attend the huge trade show and make new NSP friends!

Patrollers, family and friends are **offered free camping** right in the Laguna Seca paddock at Ski Patrol Central as well as **free admission, lunch and t-shirt**. Motorhomes, camping trailers and tents make for cozy accommodations and evening **NSP barbecues** add camaraderie and fun!

This four-day bicycling extravaganza attracts almost 9,000 participants ranging from world-class pro riders to serious amateurs and recreational cyclists. Over the four days, riders take part in circuit racing, cross-country events, wild downhill and dual slalom racing and citizens road and

cross-country rides. Each year, NSP members provide first-aid care to almost 200 riders, from incidents of road rash and exhaustion to more serious trauma-induced injuries. For their volunteer service, the Sea Otter Foundation donates approximately \$6,500 to patrols of the NSP volunteers.

Over 60,000 spectators crowd the huge venue, which spreads out from Laguna Seca Raceway into the scenic back country of the Ft. Ord National Monument and, for the road races,

along roads through Monterey County. 400+ trade show vendors make for the largest market in the country for cycling equipment and accessories. For additional event insight go to: [seaotterclassic.com](http://seaotterclassic.com).

In 2023, ARBP led in volunteers, followed by the Dodge Ridge Patrol, Mt. Shasta, Sugar Bowl, Sierra at Tahoe and several back-country patrollers. We work with members of Monterey County Rural Fire District Services and AMR Ambulance.

We invite members of NSP ski and bike patrols to join us! **To volunteer or for more info, email or call Tim Viall, Coordinator for NSP Volunteers for the Sea Otter Classic: [tviall@msn.com](mailto:tviall@msn.com), or (209) 969-3875.**



**Clockwise from top left, part of the NSP first aid crew posed for photo after the big Saturday evening barbeque, NSP volunteers staff two large first-aid tents at the venue; tents, motorhomes made for cozy evenings at "Ski Patrol Central" and NSP member patrols the dual slalom course. Join the NSP team in April for first-aid service and fun!**



# Seeking hiking patrollers!

I encourage all of our American River Bike Patrol members to also include hiking patrols in your patrol service. Logging a hiking patrol brings these benefits:



1. We meet plenty of new people - hikers, dog walkers, equestrian riders - that we don't see on bikes, and tour plenty of new Parkway territory that bikes can't reach.

2. It's a perfect opportunity to see hazards on side trails – fire dangers, illegal camps with campfires, fallen trees and more (use the 311 app for reporting most of these situations, or 911 if it's an active fire).

3. It's a great opportunity to patrol with a family member or two, who may not be into bicycling – such as my spouse, a serious hiker.

Equipment for a hiking patrol is the same; your normal first aid gear and basic bike maintenance tools, since you will see occasional injuries and bike challenges on the side trails. And, for reporting and safety for our members, patrolling with a partner is recommended!

In the past year, with knee and hip problems, I've done as many hiking patrols as bike patrols. I've found such backwoods gems as an illegal bike jump park being constructed in the Ambassador Drive access, in wooded area (prime deer habitat) – thoroughly removed by the county a week after I reported it. Several illegal camps, with evidence of bike chop shops or campfires, were also abated and removed by the county.

I live just off the trail at mile 19 and have hiked all the side trails between mile 17 and 22. There are 5.75 miles of paved trail in that area, but roughly 24 miles of hiking and equestrian trails in the same portion of the parkway.

Hence, take the time to occasionally perform a hiking patrol in your favorite part of the parkway – you'll find new discoveries and bring additional service to the American River Parkway and its users.

In future months we will be exploring hiking opportunities with several of the local hiking clubs, hoping to form stronger partnerships with that part of the outdoor community, as well. Submitted by **Tim Viall**, [tviall@msn.com](mailto:tviall@msn.com).

# Important websites:

American River Parkway and Bike Trail (includes map and rules/regulations):  
[regionalparks.saccounty.net/Parks/Pages/Jedediah-Smith.aspx](http://regionalparks.saccounty.net/Parks/Pages/Jedediah-Smith.aspx)

American River Bike Patrol, see web site:  
[americanriverbikepatrol.org](http://americanriverbikepatrol.org), and,  
Our Facebook page (on Facebook, search for American River Bike Patrol)

Folsom Lake State Recreation Area, including maps of cycling and hiking trails,  
[parks.ca.gov/?page\\_id=500](http://parks.ca.gov/?page_id=500)

Mother Lode Region, NSP: [motherloderegion.org](http://motherloderegion.org)

Far West Division, National Ski Patrol:  
[farwest.org](http://farwest.org) (and see Mt. Bike Patrol sub-page)

National Ski Patrol: [nsp.org](http://nsp.org) (don't miss the NSP catalogue items, and the "Pro Deals" options!

For questions, suggestions Tim Viall, American River Bike Patrol, [tviall@msn.com](mailto:tviall@msn.com), (209) 969-3875.

# The handy 311 phone app

Make sure you load and utilize the **County 311 app** on your phone. Use the app to file reports on graffiti, downed trees, illegal campsites, vandalism, illegal trail building and more.

It's easy to snap a photo and file with a short report. I have received prompt response from County crews, and I recommend all our members use the app.

And, I always sign-off my reports (proudly) - **Tim Viall**, American River Bike Patrol.



**Required and optional first-aid and bike repair equipment for the ARBP**

ITEM	BIKE REPAIR EQUIPMENT
FULLY CHARGED CELL PHONE	Tire Ply Bars
311 APP	Tube Patch Kit
TRAIL MAP (paper or load on phone)	Crescent Wrench
Approved ARBP uniform	Set of Allen Wrenches
	Tire Pump / CO2 Inflator
PERSONAL PROTECTIVE EQUIPMENT	Presta-Schrader Adapter
Exam Gloves (3 pair)	Spoke wrench
Safety Glasses	Optional bike repair gear
Disposable Face Mask (2)	Extra Tube
CPR Barrier (Nu-Mask)	Duct Tape
	Chain repair tool
FIRST AID SUPPLIES*	
4x4 Gauze Pads (4)	
2 inch Roller Gauze (2)	
Large Absorbent Pads (2, bleeding)	
Assorted Band-Aids (1 box)	
1" White Bandage Tape (1 roll)	
Triangular Bandage (2)	
Gallon Zip Lock Bags (Bio-Hazard)	
Paramedic Scissors	
Alcohol/Antiseptic Wipes (6)	
Small Hand Towel	
OPTIONAL FIRST AID SUPPLIES	
Sam Splint	
Gator Aid	
Tweezers	
Bottled water (advised in summer)	

Note to the wise: always better to have too much gear, rather than be shorted. You can also add your favorite additions, as well



\*Medical supplies should be stored in airtight plastic bags to maintain integrity



## Seeking new members!

We are on the lookout for new biking and hiking patrol members, and Young Adult Patrol members, who desire to helping the cycling and hiking public. We are especially looking for diverse members from communities along the American River Parkway. For interested parties, please invite them to ride with the patrol on a weekend get-acquainted ride, refer them to the patrol website, [americanriverbikepatrol.org](http://americanriverbikepatrol.org), and give them Rick Bollinger's email and phone number, [firetoy13@gmail.com](mailto:firetoy13@gmail.com) and

You can also use the backpage flyer as a recruitment tool, for posting in local bike shops, with schools, churches, clubs and the like! Please see back page of this issue!

Join the Team!

# American River Bike Patrol

## American River Parkway Sacramento, El Dorado counties



We welcome community members as biking or hiking patrollers; you will be trained as trail ambassadors receiving trail-readiness training, bike mechanical skills, Outdoor First Care first-aid and CPR training, mentoring and leadership training. Patrollers commit to 48-plus hours of annual patrolling along the American River Parkway and trails in Sacramento and El Dorado counties.

The American River Bike Patrol was established in 2020 and has grown to over 100 members assisting the public along the American River trail system. You'll become a member of the National Ski Patrol and its bike patrol subset, with 31,000 members in 640 bike/ski patrols across the USA.

Training includes an Outdoor First Care course, about 8 hours, half on-line with the balance hands-on, a CPR course and a three hour on-line trail-readiness course. Monthly First Saturday refreshers on first-aid and bike maintenance skills keep members sharp. Members join the National Ski and Bike Patrol, pay dues and purchase uniforms (recently, the patrol has helped offset many of those costs).



Join the team, provide service and make life-long friends! We are seeking individuals who want to give back to their local community and assist cyclists and users of the American River trail system. Join with us!

For more info and to join our team, see our patrol website:

[americanriverbikepatrol.org](http://americanriverbikepatrol.org)

